

Orange-carrot-ginger juice



Chaz

 [cvillette](https://cvillette.livejournal.com/)

<https://cvillette.livejournal.com/>

2008-02-12 09:03:00

MOOD:  accomplished

MUSIC: Depeche Mode - Dirt

Juice is a great way to get lots of nutrition for not very much bulk, and home-made is always better.

- 1) Get a juicer and set it up. They look intimidating and fussy to clean, but the thing is, there's no grease, so they just rinse out.
- 2) Get an equal number of carrots and oranges. Kind of grotty ones are fine: I buy the ten-pound bags of horse carrots, and the bags of oranges the supermarket is trying to move fast, so they mark them down by a ridiculous amount. I use five of each, because that's the amount of traffic my juicer will bear in a single batch.
- 3) Cut the carrots half, and cut the top half into halves or quarters, depending on how big they are.
- 4) Peel the oranges (Just cut off the tops and bottoms and then cut the skin off the outside. You don't have to be tidy or complete. The Conventional Wisdom is that citrus juices better if you roll it on the counter under your hands, microwave it a little, or let it come to room temperature first. I think with a mechanical juicer, since you are mytilizing the cellular structure of the fruit, it's unlikely to make a big difference, but I have not tested this empirically.
- 5) Cut the oranges in halves or quarters, depending on how big they are.
- 6) Get a piece of fresh ginger the size of your thumb. (Who decided that the thumb was the standard unit of measurement for ginger root? It's kind of macabre, when you think about it.)
- 7) Put the ginger root through the juicer. Follow it with the oranges and carrots. Your neighbors will begin pounding on the walls.
- 7a) Do not juice your thumb.

8) Pour off juice into large glass.

9) Disassemble and clean juicer.


10) Drink sweet spicy slightly acidic juice. If it's too sweet for you, you can add half a lemon to the cocktail.

10a) Caveat: you must drink it fast, because if you try to store it it oxidizes and becomes bitter.

11) Be happier.

(I suspect this stuff is what kept me from starving to death when I had the flu.)

How's the housework coming, Ace?

 [trollcatz](https://trollcatz.livejournal.com/) (https://trollcatz.livejournal.com/), ready to shop when you are.

TAGS: [recipes](#)



[locked] [Dream Journal](#)

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

[Elvis doesn't live here anymore.](#)

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't

[Poppets.](#)

[Puppets. Poppet puppets. Scary.](#)

72 comments



 [trollcatz](#)

[February 12 2008, 14:18:42 UTC](#)

[COLLAPSE](#)

I'm dropping T off after I take her to vote, and then I'll be over. Did you do the dirty deed?



 [cvillette](#)

[February 12 2008, 14:18:55 UTC](#)

[COLLAPSE](#)

Before breakfast, even.

 [Ometotchtli](#)

[February 12 2008, 15:10:41 UTC](#) [COLLAPSE](#)

Don't vote hungry, dude.

It makes the meaty ones look good.



 [cvillette](#)

[February 12 2008, 15:16:36 UTC](#) [COLLAPSE](#)

McCain's right out, then.



 [Ometotchtli](#)

[February 12 2008, 14:56:44 UTC](#) [COLLAPSE](#)

What is *wrong* about you 2 taking comp today is that you were unable to fully participate in my workplace betting book.

Maybe I'll set up a poll on my LJ just for you.



 [cvillette](#)

[February 12 2008, 15:12:26 UTC](#) [COLLAPSE](#)

What's wrong with *you* that you *didn't* take comp today????



 [Ometotchtli](#)

[February 12 2008, 15:34:38 UTC](#) [COLLAPSE](#)

Hel-lo, betting!

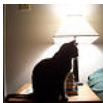
(Half day. Want to get the figures for Mom's project piled up first. And you know she's going to ask you to do your Thang on 'em, so rest up. I'm making a biiiig pile.)



 [cvillette](#)

[February 12 2008, 16:02:37 UTC](#) [COLLAPSE](#)

Oh yuck. Maybe I'll take tomorrow off too. I need to do laundry.



 [txanne](#)

[February 12 2008, 15:19:00 UTC](#) [COLLAPSE](#)

That sounds _so_ good. I should get myself a juicer for my new apt. Wherever it ends up being. Sigh.



 [cvillette](#)

[February 12 2008, 15:33:14 UTC](#) [COLLAPSE](#)

Check Goodwill. People get 'em as gifts and never use them.

I got mine for three bucks.



 [txanne](#)

[February 12 2008, 15:34:49 UTC](#) [COLLAPSE](#)

It's not really the expense. (Well, it sort of is.) But mostly it's the thought that if I buy it, I move it. I'm already quivering at the thought of packing my books....



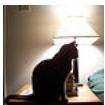
 [cvillette](#)

[February 12 2008, 15:36:21 UTC](#) [COLLAPSE](#)

Oh, yeah, of course. I meant, when you are settled.

I moved from Vegas to Jersey a few years back. I didn't keep much.

Of course, I was a starving student at the time, so there wasn't much to keep.



 [txanne](#)

[February 12 2008, 15:38:46 UTC](#) [COLLAPSE](#)

Even when I was a starving student, I bought books. After seven years of a more-than-living wage? BOOKS. Everywhere. Pruning is both necessary and painful.

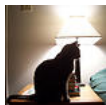


 [cvillette](#)

[February 12 2008, 15:40:36 UTC](#) [COLLAPSE](#)


Ow. Yes.

P.S., I __really__ like your icon.



 [txanne](#)

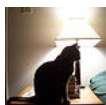
[February 12 2008, 17:39:30 UTC](#) [COLLAPSE](#)

Thanks! I got it from  [rosefox](#).

 [cjtremlett](#)

[February 12 2008, 19:06:20 UTC](#) [COLLAPSE](#)

Try several years of more-than-living wage OVERSEAS and then move back to the US. Over half our shipment back was books! Fortunately, they charge for volume not weight when it's not going air.



 [txanne](#)

[February 13 2008, 04:47:41 UTC](#) [COLLAPSE](#)

BTDT, every time I go to France. I mail large heavy parcels to myself and __still__ have to pay a heavy-baggage charge.



 [ace_cub_reportr](#)

[February 12 2008, 15:23:58 UTC](#) [COLLAPSE](#)

Cleanest damned townhouse you ever did see.

The plecostomus keeps cruising by the front of the tank, giving me one eyeball and then the other one, as if to say "Who are you, and what have you done to the ape that feeds me? I know you're a pod ape, because it takes about a week for the pods to hatch, and the real ape is never here during the day."

The good news is, given somebody coming back with eighteen stitches and a pint of type A positive that isn't the same one he started with, there's no much question on the defense of a fellow officer front.



 [Ometotchtli](#)

[February 12 2008, 15:40:04 UTC](#) [COLLAPSE](#)

He tried to waste all your good work this morning. Apparently, if we are king, we cannot just phone and get someone else to bring us whatever the crap it was we left in our office.

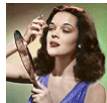
I hope there was a taxi involved, because otherwise I missed a chance to spy on the current girlfriend. The king was definitely not driving.



 [trollcatz](#)

[February 12 2008, 15:40:48 UTC](#) [COLLAPSE](#)

They let him out?




 [Ometotchtli](#)

[February 12 2008, 15:41:35 UTC](#) [COLLAPSE](#)

This morning. He came here first.

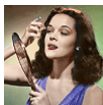
Don't look at me, I'm not the entire staff of a perfectly good hospital.



 [ace_cub_reportr](#)

[February 12 2008, 15:42:11 UTC](#) [COLLAPSE](#)

HMOs.



 [Ometotchtli](#)

[February 12 2008, 15:49:44 UTC](#) [COLLAPSE](#)

Maybe they mentioned his copay and he bolted.

To vote in support of healthcare.

Aggh! Stinker! He got me! I'm putting a can'o'worms on his laptop.




 [cvillette](#)

[February 12 2008, 15:44:48 UTC](#) [COLLAPSE](#)

I am torn between "What, no PHOTOS?" and "Dad is not allowed to date girls."



 [Ometotchtli](#)

[February 12 2008, 15:45:30 UTC](#) [COLLAPSE](#)

Maybe he's not.



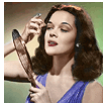
 [cvillette](#)

[February 12 2008, 15:48:00 UTC](#) [COLLAPSE](#)

Not dating girls? Then--

--argh. no. NOT GOING THERE.

Besides, it's statistically unlikely.



 [Ometotchtli](#)


[February 12 2008, 16:17:14 UTC](#) [COLLAPSE](#)

pets

I just said it to make you go SPROING.

And I've seen two of them. Sample so far suggests female. And curvy.



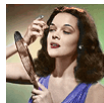
 [ace_cub_reportr](#)

[February 12 2008, 16:20:50 UTC](#) [COLLAPSE](#)

Marriage licenses are a matter of public record. Driver's license photos, not hard to pull.

3 so far. None current.

I think I'm a little envious of #2.



 [Ometotchtli](#)

[February 12 2008, 16:35:15 UTC](#) [COLLAPSE](#)

Well, we know what he's doing Thursday.

You busy? I bet the Cowboy has a date, and Wonder Woman, but I am spurning Massacre Day in favor of my buds and the PALACE OF MEAT.

Chaz, you in?




 [cvillette](#)

[February 12 2008, 16:37:04 UTC](#) [COLLAPSE](#)

Please tell me the Cowboy does not do Valentine's Day. My heart can't take it. The glass brick in his kitchen was scary enough.

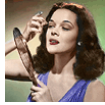
Churrascaria? Wild horses couldn't keep me away. Neither could oxen, unless they were roasting on spits.



 [ace_cub_reportr](#)

[February 12 2008, 16:38:15 UTC](#) [COLLAPSE](#)

I'm having dinner with an old friend. And I'm still recovering from the Szechuan. But thank you for the invite.



 [Ometotchtli](#)

[February 12 2008, 16:38:55 UTC](#) [COLLAPSE](#)

Old friend or old "friend"?




[ace_cub_reportr](#)

[February 12 2008, 16:41:20 UTC](#) [COLLAPSE](#)

A gentleman never tells.

So, Chaz, how's the math tutoring with Dobie's kid coming?



 [trollcatz](#)

[February 12 2008, 16:42:00 UTC](#) [COLLAPSE](#)

Hey! What happened to San Diego Girl?



[ace_cub_reportr](#)

[February 12 2008, 16:45:12 UTC](#) [COLLAPSE](#)

oh, for the love of.... the old friend is Liz.

She's flying in tonight, since I have this unexpected week off.

Satisfied?



 [cvillette](#)

[February 12 2008, 16:48:39 UTC](#) [COLLAPSE](#)

Maybe if she comes by and reads the phone book to us. *Sigh.*




 [trollcatz](#)

[February 12 2008, 17:36:43 UTC](#) [COLLAPSE](#)

If you were anybody but you, I would be forced to assume that you had actually engineered this entire thing so you could spend your birthday shackled up with your girlfriend.

But since it's you, I'm just going to have to accept that it kind of worked out that way, aren't I?

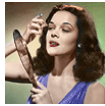


 [ace_cub_reportr](#)

[February 12 2008, 17:37:13 UTC](#) [COLLAPSE](#)

Looks that way, don't it?

See you on Monday. ;-)




 [Ometotchtli](#)

[February 12 2008, 18:09:21 UTC](#) [COLLAPSE](#)

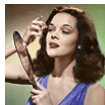
Oh, drat, that's right. Tomorrow is your birthday. This is a tragedy! You won't be in the office for your birthday. Do you know what that means?



 [ace_cub_reportr](#)

[February 12 2008, 18:10:31 UTC](#) [COLLAPSE](#)

a 27% decrease in reports of hazing, harrassment, and humiliation in federal offices for the month of February?

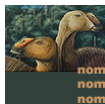


 [Ometotchtli](#)

[February 12 2008, 18:11:21 UTC](#) [COLLAPSE](#)

No cake.

wails disconsolately




 [cvillette](#)

[February 12 2008, 18:12:01 UTC](#) [COLLAPSE](#)

Oh, don't worry. I'm still baking a cake. I already had the stuff.

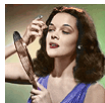


 [ace_cub_reportr](#)

[February 12 2008, 18:13:08 UTC](#) [COLLAPSE](#)

Hey! Liz really likes you guys.

I wonder if she would like to see where I work....



 [Ometotchtli](#)

[February 12 2008, 18:23:41 UTC](#) [COLLAPSE](#)

Make sure she meets Pauley. He will *hate* you.



 [ace_cub_reportr](#)

[February 12 2008, 18:25:39 UTC](#) [COLLAPSE](#)

Tell Chaz to have his phone book ready.




 [cvillette](#)

[February 12 2008, 16:42:58 UTC](#) [COLLAPSE](#)

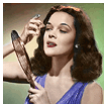
Oh, you're on your own, man. You've thrown me to these wolves enough times for me to sit back and enjoy this.



 [trollcatz](#)

[February 12 2008, 15:43:30 UTC](#) [COLLAPSE](#)

u can haz polkadot houzmate!



 [Ometotchtli](#)

[February 12 2008, 15:46:35 UTC](#) [COLLAPSE](#)

BTW, he was looking for you. Seemed disappointed you weren't here.

Said, "Tell her I said thanks, and sorry about the suit."



 [cvillette](#)

[February 12 2008, 16:04:08 UTC](#) [COLLAPSE](#)

Dad bleeding on you is some kind of street cred.

Um. How did you sprain the fingers?



 [trollcatz](#)

[February 12 2008, 16:05:32 UTC](#) [COLLAPSE](#)

Ummmmmmmm.

Overenthusiastic direct pressure.

O.O



[O.O](#)

 [cvillette](#)

[February 12 2008, 16:06:04 UTC](#) [COLLAPSE](#)

...

O.



 [trollcatz](#)

[February 12 2008, 16:04:50 UTC](#) [COLLAPSE](#)

...he didn't.

Really?

OMG.




 [Ometotchtli](#)

[February 12 2008, 16:22:20 UTC](#) [COLLAPSE](#)

He has moments of very-nearly-human, really. I have observed this often.

Well, relatively often.



 [ace_cub_reportr](#)

[February 12 2008, 15:48:55 UTC](#) [COLLAPSE](#)


And they never steal the ice cream.

I have some black mollies, too. And neon tetras.

Restful. Except when they try to murder each other.

Violence everywhere.



 [Ometotchtli](#)

[February 12 2008, 16:18:46 UTC](#) [COLLAPSE](#)

THEME FROM "JAWS"!




 [cvillette](#)

[February 12 2008, 16:24:25 UTC](#) [COLLAPSE](#)

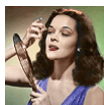
Just when you thought it was safe to go back in the fishtank!



 [ace_cub_reportr](#)

[February 12 2008, 16:27:56 UTC](#) [COLLAPSE](#)

Great. Remind me that Roy Scheider died on Sunday.



 [Ometotchtli](#)

[February 12 2008, 16:53:48 UTC](#) [COLLAPSE](#)

>|+{



 [eljefe](#)

[February 12 2008, 16:56:48 UTC](#) [COLLAPSE](#)

Eighteen stitches and a pint? Sounds like the result of too much lager at the local pub.

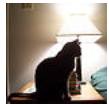
Deleted comment



[_eljefe_](#)

February 12 2008, 17:27:34 UTC COLLAPSE

laughs Crocheting hooligans?

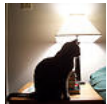


[txanne](#)

February 12 2008, 17:42:36 UTC COLLAPSE

Mock not the women with pointy sticks and uncooperative ~~garrotes~~ string.

Deleted comment



[txanne](#)

February 13 2008, 04:50:52 UTC COLLAPSE

I've heard tell of people who can drink and knit safely. But they're all Canadian.

Anyway, it's okay if you don't knit. Non-knitters can be Worthy Recipients too.



[_eljefe_](#)

February 12 2008, 16:47:49 UTC COLLAPSE

I dunno if the ginger would make it into the juicer at my house, we must eats it!!!



[txanne](#)

February 12 2008, 17:43:04 UTC COLLAPSE

What, straight? Don't the strings get caught in your teeth?



[_eljefe_](#)

February 12 2008, 17:49:16 UTC COLLAPSE

I slice it and eat it. The best is the pickled ginger at sushi places tho. Yum. . .



[glinda_w](#)

February 12 2008, 21:49:12 UTC COLLAPSE

I miss having a juicer. May have to put one on my "save up for" list, after replacing the processor.

I used to make carrot-apple-ginger juice with a bit of lemon. Mmmmmmmtasty.



[cvillette](#)

February 12 2008, 21:53:20 UTC COLLAPSE

Ooo. Does sound tasty. And apples are cheap in fall.



 [calanthe-b](#)

[February 13 2008, 00:35:22 UTC](#)

[COLLAPSE](#)

7a) Do not juice your thumb.

~dies laughing~

You have quite a gift for deadpan, you know...



 [cvillette](#)

[February 13 2008, 00:39:24 UTC](#)

[COLLAPSE](#)

Thank you.

It looks like it would hurt, after all. And since you have a piece of a ginger trimmed to the gold standard of "thumb-sized"--well, it seems like it would only be a matter of a slight misparsing.



 [calanthe-b](#)

[February 13 2008, 01:56:36 UTC](#)

[COLLAPSE](#)

True. On the other hand, if one did misjudge, at least it would mean more protein in the juice... ~wry look~



 [cvillette](#)

[February 13 2008, 01:59:06 UTC](#)

[COLLAPSE](#)

But it would likely ruin the flavor.



 [calanthe-b](#)

[February 13 2008, 02:01:42 UTC](#)

[COLLAPSE](#)

Add enough ginger and you can cover just about anything!

[\[locked\] Dream Journal](#)

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

[Elvis doesn't live here anymore.](#)

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't

[Poppets.](#)

[Puppets. Poppet](#)

[puppets. Scary.](#)